



Postmodernism Counselling Theories

Week 10: Pluralistic Practice – Approach & REVIEW

Schedule for Today

- Pluralistic Practice – Approaches
- REVIEW
- Presentation Outline & Questions
- Presentation Dates – Tuesday, 21st January 9-5pm (Group Timeslots)
- December 12th – Last Class – Seminar/Tutorials

Pluralistic Counselling and Psychotherapy

Pluralistic counselling and psychotherapy (John McLeod 2018) is based on two key principles:

- **There's no 'best' way of doing therapy: different clients need different things at different times.**
- **If therapists want to find out the best way of helping clients, they should talk to them about it.**
- This doesn't mean that clients will always know what they want, or that what clients want is what they need; but that any views that clients have on how best to do therapy should be actively elicited, respected, and engaged with.

Attitude towards therapy & Specific practice

- Pluralism in counselling and psychotherapy can be both an **attitude towards** therapy and a **specific practice**.
- **Pluralistic attitude**: a general respect for different approaches, and a willingness to help clients find the right therapy for them. That means that therapists who practice 'pure form' therapies—like person-centred counselling or CBT—can still consider themselves pluralistic.
- **Pluralistic practice**: a form of therapy in which the practitioner draws on a range of methods and understandings to try and tailor the therapy to the individual client—based on what they and the client think may be most helpful.

Text & Resources

Pluralistic Practice Bibliography

- <http://pluralisticpractice.com/pluralistic-bibliography/>



Group Work

- What is the approach
- Critical Research/efficacy
- Postmodernism Perspective
- What else?

Questions



- What do we mean by postmodernism and in relation to Counselling?
- Social Constructivism (**Social constructivism** is a learning perspective founded on the assumption that learning is focused on learners and promotes their active participation as they manage to construct their own knowledge depending on their own reality)
- Do we need to be looking at counselling from a postmodern lens?
- What does it offer to counselling or other caring professions today.

REVIEW

- What are Postmodern Counselling Theories?
 - Inclusion of multicultural approaches
 - Inclusion of communities/individual stories
 - Communities/individuals to create or construct change
 - Multiple perspectives....

Postmodern Theoretical Approaches (Traditional)

- Multicultural Counselling Approaches – Indigenous Healing
- Currently Family System Approaches
- Solution Focus Brief Therapy
- Narrative Therapy
- Collaborative Language Approaches

Postmodern Counselling Theories *(Current thinking in Counselling & Psychotherapy)*

Humanistic Approaches -

- Emotion Focused Therapy
- Counselling for Depression (CfD)

Psychodynamic – Relational Models

- Attachment-based approaches

Cognitive Behavioural Therapy

- Acceptance Commitment Therapy
- Compassion Focused Therapy
- Dialectical Behavioural Therapy
- Mindfulness Based Approaches

Is there another way?

- Pluralistic Framework?
- Other ideas?

NEXT WEEK - Thursday, December 12th

- 9-12PM Tutorials - IP/Ruth's Personal Tutorials (306)
- 12-3pm Tutorials – IP/Personal Tutorials for Presentations & Ruth's Personal Tutorials (306)
